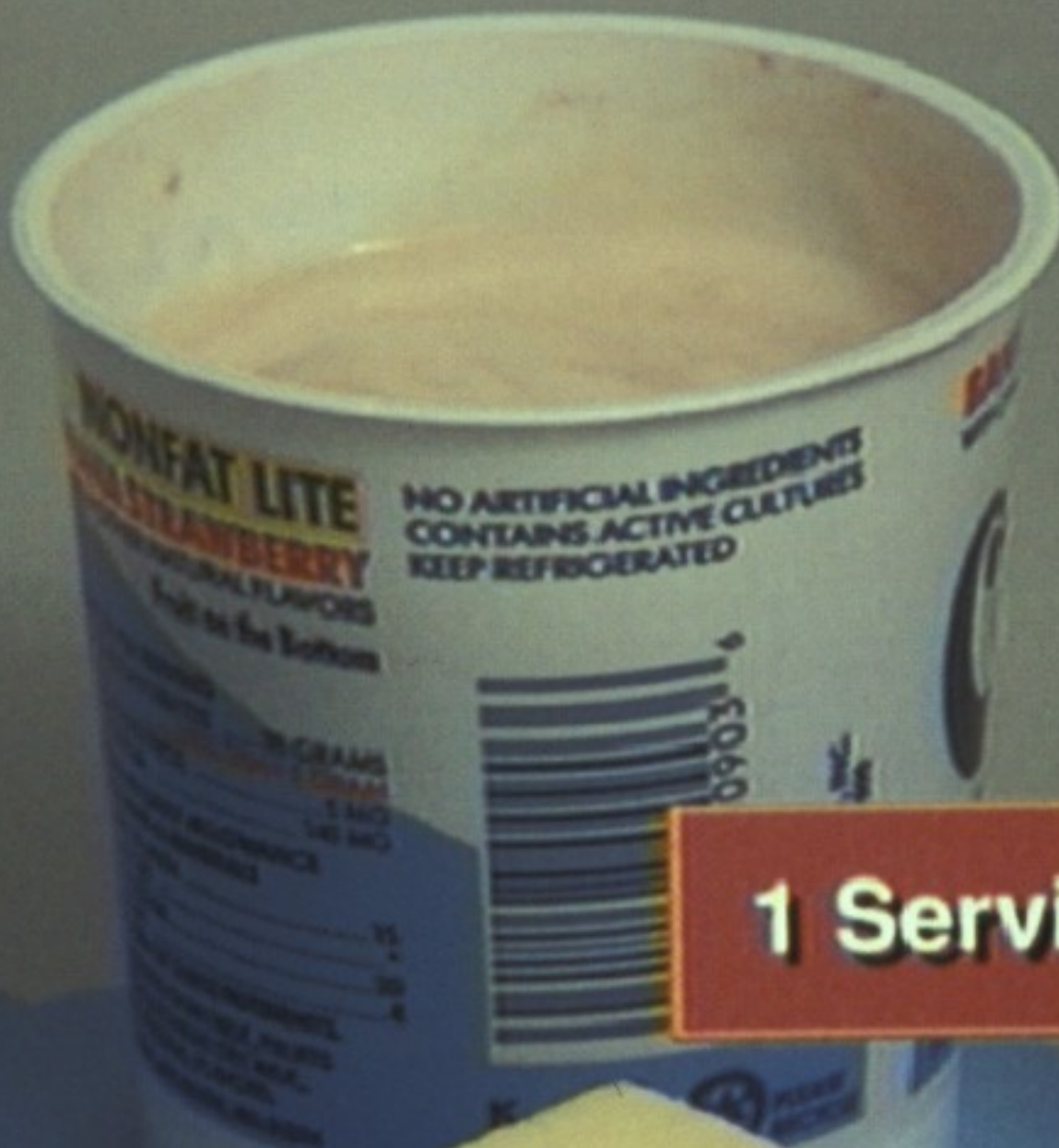
A close-up photograph showing a person's hands spreading a thick layer of peanut butter onto a slice of white bread. The person is using a butter knife. The bread is held in the left hand, and the knife is in the right hand. In the background, there is a white plate, a tray with more bread slices, and a container of peanut butter. The scene is set on a table with a colorful, patterned tablecloth.

= 1 Ounce Meat



2 - 4 Servings



1 Serving



1 Serving



1 Serving



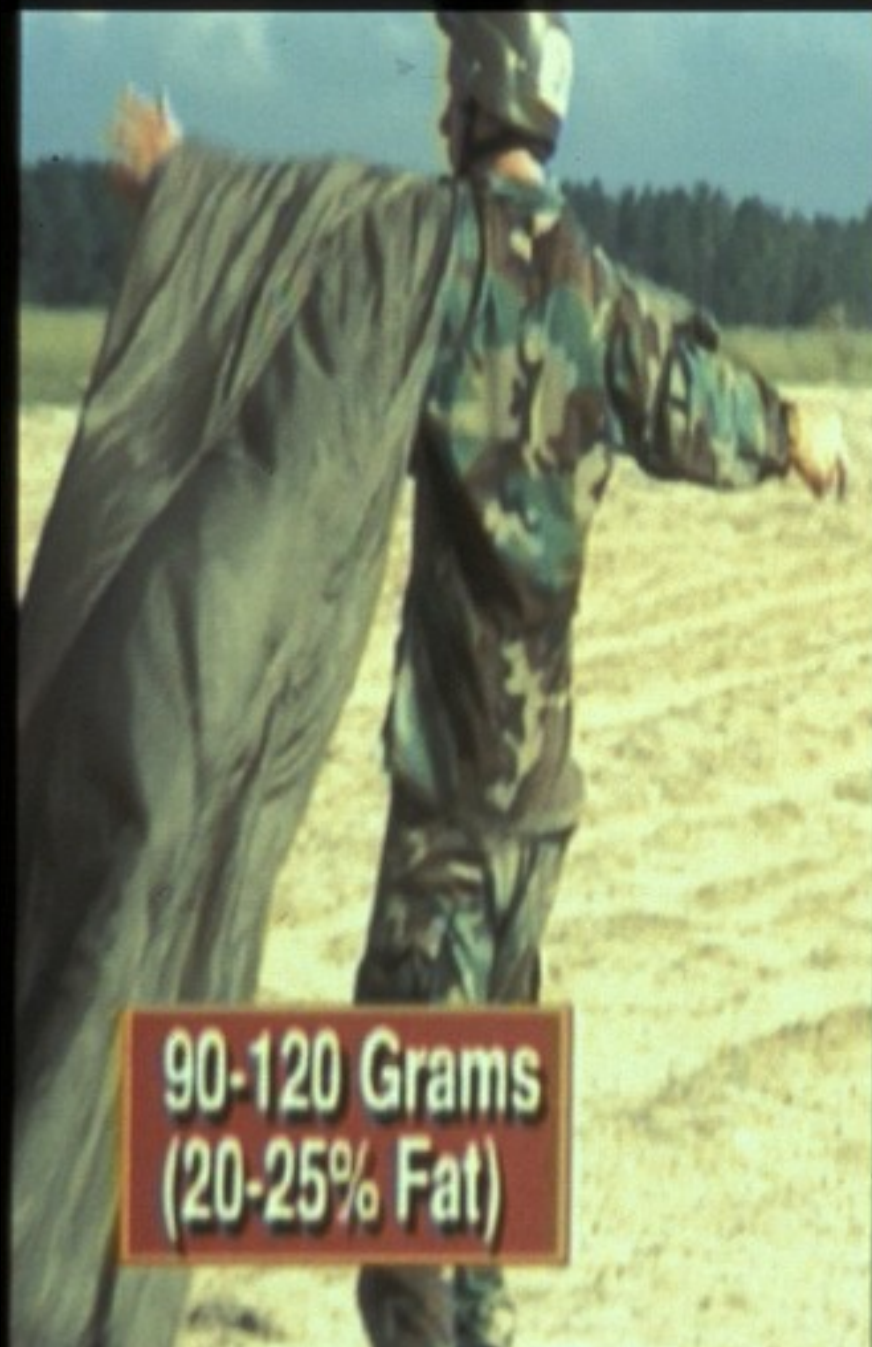




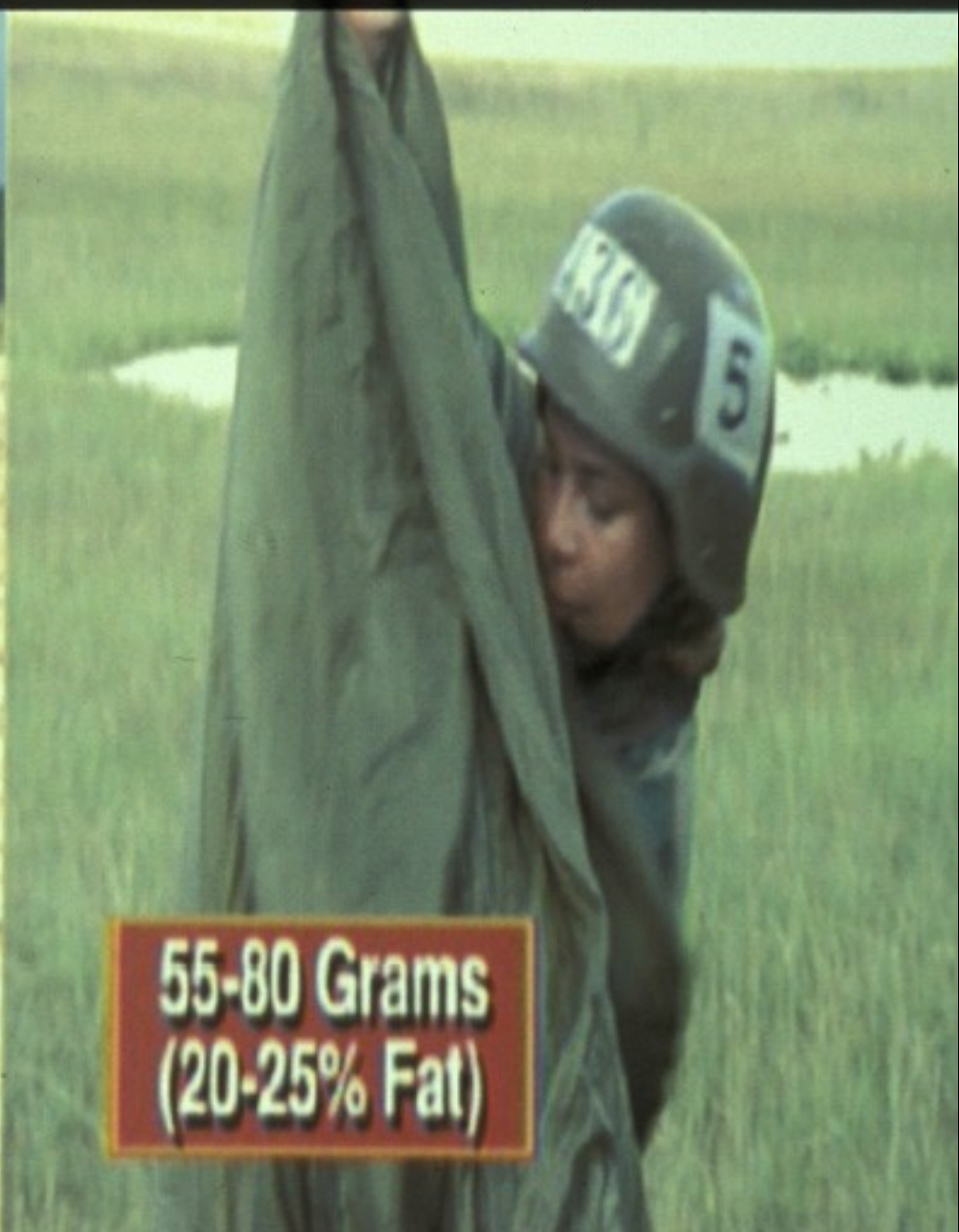
A food pyramid diagram with three levels. The top level is the smallest and contains a white can labeled 'SUGAR' and a yellow stick of butter. The middle level is larger and contains the text '20-25% of calories'. The bottom level is the largest and is empty. The background is a dark blue gradient.

SUGAR


20-25% of calories



**90-120 Grams
(20-25% Fat)**



**55-80 Grams
(20-25% Fat)**



30-50 Grams Fat



36 Grams Fat



36 Grams Fat



80 Grams Fat



61 Grams Fat

48 Grams Fat





+15 = 63
Grams Fat







100 Calories
< 1 Gram Fat

